A BRIEFE TREATISE touching the preseruation of the eie sight, *consisting partly in good order* of diet, and partly in vse of medicines.

1586

OCcaſioned thorough certaine ſpeeches had with ſome of mine honorable good friends, to write mine opinion of meanes to preſerue the ſight in good integritie, I haue performed the ſame in this litle pamphlet, wherein I haue directed my penne rather to leaue rules for thoſe, which haue not in themſelues ſufficient knowledge, than to ſatisfie the learned: who I knowe can deuiſe much better meanes and remedies. And my in-

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tent being only to ſet downe ſome order, as may be fitteſt for all ſorts of men to continue in perfection their ſight, I thought not good to inſert any diſcourſe of the diſeaſes of the eies, which will require a long treatiſe, and cannot well bee executed, but by men which haue skill in the arte of phiſicke. Therefore it ſeemed meete vnto mee at this time to omit that part, and to leaue the reader for the knowlege & cure of ſuch diſeaſes to the profeſſors therof, by whoſe helps they may receiue remedy of all infirmities and affects, which ſhall happen to the eies: purpoſing in this litle treatiſe onely to declare, how the ſight might bee long continued in his integritie, by ſuch common or-

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der as may of all men in their trade of life be reaſonably followed, leauing all other harder matters to a farther direction of the learned. And now following the laudable cuſtome begun in ancient time, & cõtinued in theſe our daies of preſenting our friends with new yeers gifts, for lacke of other things of greater price, I offer vnto you this litle pamphlet, as a ſignification of my good will, wiſhing that the ſame may be a tokẽ of many good and proſperous yeeres, which God the giuer of al goodneſſe, ſend vnto you.

A breefe Treatise concerning the preseruation of the *eie sight.*

THe preseruation of the sight doth cõsist, partly in good order of dyet, partly in vse of medicines.

Concerning diet, some thinges hurtfull are to be eschued, & some things comfortable to the sight are to be vsed: wherefore they, which may choose their habitations, in this respect, may make election of aire cleare, declining to moderate heate & drynes: cold and moyst aire, and thicke, misty, and rayny weather is hurtfull: it is best therefore to abide in dry places, from moory, marish, & watrish grounds, & especially to prouide, that the site of the dwelling be not betweene the wette places and the sunne: southerne windes doe hurt the sight: so doe low roomes: places ful of dust and smokie are noisome. Diet. Aire. Windes. Dust. Smoke.

Meates are best which are easie to bee digested, & which doe not stay long in the stomacke: amongest such a yong henne is greatly commended: so is partridge and Meates.

Pheasant

Pheasant. *Rasis* prayseth the yong starne, & the quaile: so doth all writers the Doue both tame and wyld, but chiefely the wyld Doue, which (as *Zoar* writeth) hath especiall vertue against the weakenes of the sight, which commeth by defect of spirits, and the rather, if the same be sod with rape rootes, and turnep rootes: for it is accorded by all writers, that the turnep hath great facultie to doe good to the eies, and to preserue the sight. Grosse and slimy meates, and all water foule are dispraysed. Of small birdes, the martin, the swallow, the iay and pie, the witwal, the specht are noted very hurtful to the sight: and albeit these birds are seldome, or not at all vsed of the better sort, yet common people happyly may

Fish. be compelled to eate them. No fish is accompted good: yet some fishes, which doe skoure in grauely places, being sauery sodden with white wine, fenel, eibright, sage, persle, &c. may at some times be eaten: and so a litle salt fish moderately taken doeth

Preparation of meates. no great harme. Flesh sodden with fenel, eiebright, mints, sage, &c. is reputed best, next are rosted meates, flesh fryed with

Intrals. butter or oyle is to be reiected, the intrals, and feete of beasts are not so good, nor the

Braines. braines for the most part, yet the braines of

of an hare, of a cony, and of pygeons are vsed to quicken the sight.

Milke and all things made thereof are found by experience to induce dimnes of sight: reare rosted, reare sodden, or poched egges are holesome, especially eaten with the pouder of eiebright, fried egges and hard are blamed. Milke. Egges.

Of sauces, veriuice, viniger of wine, and the iuices of limonds, are accompted best; Pomgranats, not so good. Sauces.

Of spices, cinnamon is commended by Auicenna, as speciall good for the web of the eie, and for dimnes of the sight: so is saffron, ginger, both inwardly taken, and outwardly applyed, doth singularly cleare the sight: cloues, mace, and nutmegs, and all three kindes of peppers, may be vsed. Spices.

Suger is conuenient to condite things, but Honie is better: no oile is good, saue oile of olive called sallet oile, and that is better than butter. Suger. Honie. Oile. Butter.

Albeit few rawe herbes in common vse for sallets are commended, except fenell, eiebright, yoong sage, terragone, which are very good: yet these are to be auoided as most hurtfull, namely lettis, coleworts, cabbages, beets, spinage, purslane, buds of dill, garlike, chibbols, onions, skallions, Raw herbs.

Capers. Oliues. Rootes. ons,&c. Capers may be eaten: oliues not ſo good: radiſh rootes, perſnep rootes, are greatly diſprayſed: carrot rootes, the buds of aſperage may bee eaten, but the turnep or rape roote, and the nauew roote are aboue all other noted for excellencie to preſerue the ſight, and to that purpoſe many do preſerue with ſugar theſe rootes, and eate them as ſucket.

The Rape & Turnep.

Fruites. Peares. Apples. The moſt kindes of fruits are hurtfull to the ſight: yet peares and the better kindes of apples, may be eaten with the pouder of eiebright, or with fenell ſeeds thinly incruſted with fine ſugar: figs are very good, not onlie for the ſight, but alſo to open, ſcoure, and to clenſe the breſt, liuer, ſtomacke and kidneies: ſo are raiſons, which haue a ſpeciall propertie to ſtrengthen the liuer: nuts are very euil, for that they do fill the head: the walnut more tollerable than the haſell nut, cheſtnuts are very windie, better friends for *Venus*, than for the eies: dates are not commended, nor mulberies.

Figges. Raiſons. Nuts. Dates.

Confects. Confects made with fine ſugar & thinly incruſted about with turnep ſeedes, & nauew ſeeds, fenil ſeeds, aniſe ſeeds, almonds, pine-aple kernels, ginger, cinamom, the powder of eiebright, &c. are reputed as verie good meanes to continue the ſight: like-

likewise in the preseruation of the sight, amongst other things, such drinkes, as are in common vse and accustomed, are to be allowed: therefore he that hath vsed to drink beer, may not forsake the same: & so in ale. Drinkes Beare.

And in this respect it is not amis at meat to drinke wine, for them which haue beene accustomed to the same: although wine in some affects of the eies is forbidden, yet to preserue the sight, wine is not inconuenient, for the vapours of wine are drying, cleare, absterssiue, and do consume and extenuate grosse and thicke humours, so it be moderately taken. In this place I do greatly commend their counsels, which do prepare medicinable drinkes with eiebright, & other things comfortable for the sight, to be vsed in the morning, and at meates, if the patient can well endure so to drinke the same: our authors herein are very ingenious, some addressing drinkes with one thing, and some with another. Wine. Medicinal drinkes.

The simplest and most written of, is with the herbe called of the Arabians *Adhil*, in latine *Euphragia*, in English *Eiebright*, of whose miraculous vertues in preseruation of the sight, *Arnoldus de villa noua* hath written in these wordes: Eiebright is good, any way taken, either with meate, Drinke made with eiebright. *Arnoldus de villa noua.*

The praise of eiebright for the sight.

meate, drinke or medicine, greene & drie, against al impediments of the sight, wherby the clearnes of the same may be obscured. And he writeth thus of wine made with eiebright, which hee calleth *Vinum euphragiatum.* This wine (saith he) is made

Eiebright wine.

" by putting the herbe in the muste or new
" wine, vntil the same wine become cleare
" to be dronke. By the vse of this wine, oldemens sights are made young, it taketh away the impediments of the sight in all
" men, of all ages, specially in fat men, and
" such, which doe abound with phlegme.
" One (saith he) which was blind, & did see
" nothing in long time, by vsing this wine
" one yeare, was restored to his sight. The
" herbe is hot and drie, and hath by propertie of substance, to remoue affects of the sight. And so the powder of the herbe taken in an egge, or dronken in wine, doth woonderfully performe the same. And
" there are yet aliue (saith hee) witnesses of
" good credit, which haue made proofe
" hereof in them-selues, which could not
" reade without spectacles, by vse hereof
" haue recouered their sight, to reade small
" letters. And so *Arnoldus* concludeth, that
" nothing to doe good to the sight, is to bee compared with wine made with eiebright.

Eiebright taken in an egge.

If

If the wine be too ſtrong, he counſelleth to alay the ſame with fenell water, and to that intention, you may alſo adde ſugar.

In countries which for their common drinkes do vſe wine and water, they alway do mingle things for the ſight in wine, and not in water: for wine in truth is a fitter liquor to receiue the qualities and to cary the ſame to the eies, than water: which things they do put in the muſt, and ſo let it ſtand, vntill the wine be ripe, and ready to be dronken, and ſo do vſe it.

Eiebright may be vſed in beere, in ale, or meade.

Notwithſtanding in other countries which haue other vſual drinkes, the ſame things may be put in their common drinks. So ſome haue put them in ale, ſome in beere, and ſome in meade, and no doubt but all theſe meanes are very good according to the vſage and diſpoſition of the party. So euen in this our countrie, they which either by vſe or by conſtitution of body, may well beare the drinking of wine, may well compound the ſame with things good for the ſight: others of hot complexions and drie, not greatly accuſtomed to wine, may of ale, beere, and meade, make ſuch drinks, becauſe in the North countries, ale and beere are the vſual and common drinks, and in ſome places, meade alſo

ſo is much vſed: therefore in mine opinion it is conuenient for moſt men, to make theſe drinkes with ale, beere, and meade, rather than with wine: & meade aſſuredly is a very conuenient thing for them, which can well awaie with honie.

How eiebright wine may be vſed.

Touching the direction of thoſe which haue been accuſtomed to drink wine, I do nothing doubt, but that they may without offence beare ſuch drinks for the ſight compounded with wine, to take a draught in the morning, eſpecially if they allay the ſame with the diſtilled water of fenell, according to *Arnoldus* counſell. And for this purpoſe, choyſe may bee made of verie good white wine, and the thinges may bee mingled in the countries where the wine doth growe, notwithſtanding in that our moſt vſed drink with meate is ale, or beere, theſe are very conuenient to receiue theſe things for the ſight, and abſolutely better than wine, if yee like to drinke the ſame with meate: as our authors doe counſell: which ale I thinke better to bee made with grout according to the olde order of bruing. And ſo the things for the ſight may be ſodden in the grout, or other way put in the drinke, when it is newely clenſed, & put into the veſſell in which it is tunned

The vſe of eiebright ale, and of eiebright beere.

Ale made with grout.

Howe to make eiebright ale and beere.

to

be kept, that in the working of the drink
in the veſſell, the vertues and qualities of
the thinges may be drawen and receiued
into the ſame. When theſe thinges are
compounded in meade, then the ſame are
ſodden with the honie, in ſuch order as o-
ther herbes are ſodden, when they make
pothegline.

Eiebright meade.

I thinke it beſt to begin with the ſim-
pleſt order to compound ale or beere to
mens beſt liking with eiebright onely,
taking to euery gallon of the drinke a great
handfull of the herbe, and bind it togither,
or put it in raw and thinne tinſell of ſilke,
alſo tie the ſame by a ſtring to the tap of
the veſſell, that the herbe may hang in the
middeſt of the drinke, not too lowe in the
grounds, neither too high in the barme,
being put into the drinke when it is new-
ly kenſed: let all worke togither vntill the
drinke be cleare and ripe, to be droonken
according to the common vſe, and then ye
may drinke of it at pleaſure in the morning
faſting; and at meate alſo if you will, and
can well like thereof, and moſt men
may like to drinke it, becauſe this herbe
doth yeeld no vngratefull taſte, but ra-
ther with a pleaſant ſapour doth commend
the drinke: it were not amiſſe to auoide

The quan-
titie of eie-
bright to
the drink.

Fenell seedes.

windines, to euery handfull of the herbe, to adde two drammes of fenell seeds, well dusted, and a litle bruised. As I do put this for more proportion to begin with-all, that the stomack be not at the first, offended with the strangenes: So after a time, yee may increase the quantitie, and put to euerie gallon of the drinke, two handfuls of the herbe, wherein yee may best be directed by the taste, that the herbe shall yeelde into the drinke. In the winter season yee may also adde some spices, as ginger, whole mace, a fewe cloues, nutmegs, cinnamon, and make as it were bragget ale: which drinke beside that it doth preserue and cleere the sight, will also helpe digestion, clense and cut phlegme, and breake winde.

Spices may be added.

The effect confirmed by examples.

I can witnes, that many by this simple composition of eiebright and fenell seedes, haue found great good for their sight, not onlie to continue in good estate, but also that some haue found remedie against the dimnes & other impediments, growing in their sight. In trueth once I met an old man in Shropshire called M. *Hoorde*, about the age of 84. yeres, who had at that time perfit sight, and did read smal letters very well without spectacles: he tolde me that about the

the age of 40. yeares, hee finding his sight in decay, he did vse eiebright in ale for his drinke, and did also eate the pouder thereof in an egge three dayes in a weeke, being so taught of his father, who by the like order continued his sight in good integrity to a verie long age. I haue heard the same confirmed by many old men. *Rowland Shorlie* an Irish man, Phisition to Queene *Marie*, did affirme for trueth, that a Bishop in Ireland perceiuing his sight to wax dimme, about his age of fiftie yeares, by the vse of eiebright take in powder in an egge, did liue to the age of 80. yeares, with good integrity of sight.

Drinkes more compounded for the sight.

Wee doe reade of many drinkes to preserue the sight, compounded not of eiebright onely, but of many moe thinges added: so some put to it sage, some veruaine some celendine, and fenell seedes, anise seeds, & the forenamed spices: others elecampane rootes, iris, galengale & cubebs, and in truth all these are greatly commended to preserue the sight, and may verie aptly bee put in drinkes for the sight notwithstanding, for that we are now to deliuer a drinke for the sight, which may bee pleasing, and allowed with meates, mine opinion is, that the same ought to be made

as simple as may bee, for if Gallen in his 6. booke *de sanitate tuenda*, doth preferre the composition of the medicine termed *diatrion piperion*, which hath feweſt ſimples, becauſe (as he writeth) that is ſooneſt & with leſſe trouble to nature digeſted: Surely the drinkes for the ſight, which are compounded of feweſt thinges, are moſt to bee commẽded, eſpecially when we meane to vſe the ſame with meate, as all our authors doe counſel. Wherefore, for my part at this time, I will onely aduiſe to haue for vſe, either wine, or ale, or beere, according to ech mans beſt liking, made as is before preſcribed with eiebright and fenell ſeeds, & to drinke of the ſame in the morning, or if it ſo like, with meate, as other drinke.

The moſt compound not alwais beſt.

It is holden better to drinke oft & ſmall draughts at meate, than ſeldom and great draughts: for ſo, meate and drinke wil better mingle, & the meate will leſſe ſwimme in the ſtomacke, which giueth cauſe of many vapors to the heade. It is affirmed not good to begin the meale with drinke, but to eate ſomewhat before you drinke.

Drinke often & ſmal draughts.

Not beſt to begin the meale with drinke.

When you drinke wine, if you meane to allay the ſame with water, it is beſt to mingle to the wine fenill water, or eiebright water, & *Montagnana* doeth counſell to do the

When to mingle water with wine.

the same some reasonable time before you doe drinke, and not presently when you drink, as commonly men doe.

Bread in our intention is to bee made of fine flower of chosen wheate, alway leuened and salted somwhat more, than common bread, well wrought, throughly baked, not new nor old, of about a day or two dies old. Vnleuened bread is not accompted good: and the bread is better, if fenill seedes be wrought with the past: to which purpose some do cause cakes to be made of some portion of the dowe, in which they knead the powder of fenil seedes, and the powder of eiebright, and do eat them in the morning, and after drink the eiebright drinke, and make that a breakfast. Bread. Past with fenil seeds.

As generally in the preseruation of health: so especially to continue the sight, it is conuenient that the bodie bee obedient, and doe his office for euacuation accordingly: and if nature herein be slacke, it may bee procured with brothes made of loose herbes, as mallowes, violet leaues, mercury, groũdsel, great raisons the stones taken out, damaske prunes and currantes: and if neede be of more medicinall things, surely the same must be gentle: for as strõg medicines, which make agitation of hu- Euacuatiõ.

mors are not good to bee vſed for this intention: ſo gentle medicines taken in due time, do great good to the ſight: which I doe leaue to the appointment and direction of a learned Phiſition. Of al manner of euacuations, theſe which are done by vomiting are moſt hurtfull: ſo are fluxes of blood by the noſe. And as belks doe eaſe the ſtomacke, ſo much belking giueth occaſion that fumes do ariſe to the forepart of the head, whereby the ſight may bee harmed.

Fulnes hurtful.

Nothing is more hurtfull to health than fulnes. And he that will continue his ſight good, muſt bee carefull of ouer plentifull feeding, and therefore muſt end his meals with appetite: and neuer lay gorge vppon gorge, but ſo feede, that the former meate may bee concocted, before hee doe eate againe. It is beſt to make light ſuppers, & ſomewhat timely. As modeſt vſe of *Venus* perfourmed in the feare of God in due time, when the meate in the ſtomacke is digeſted, and nature is deſirous to bee diſburdned, is to be allowed: ſo immoderate and vnſeaſonable vſe thereof, doeth of all thinges moſt hurt the ſight, and ſooneſt induce blindnes: ouermuch watching is not good: very long ſleepes are more hurtfull:

Vſe of venus.

ſleepe and watching.

the

the meane ſleepes of about vij. houres, are beſt yet better to abridge the ſleepe and to inlarge watching, than contrarywiſe: ſleep taken in the night is beſt, as moſt naturall, when externall aire doeth not diſtract natures motion, and al external things concurre to helpe ſleepe, therefore the moe houres a man do borrowe of the day for ſleep, the worſer. It is not good eſpecially to this our purpoſe, to ſleepe immediatly after meate: for two houres at the leaſt ought to be put betweene meate and ſleep. Beſt to begin ſleep vppon the right ſide, & then to turne on the left ſide: to ſleepe vpright vppon the backe is naught generally: to turne vppon the face, worſer for the ſight. Care muſt be had that you ſleepe not in a chamber, or any place, in which the moone doth ſhine.

The moon ſhine hurtfull to the ſight.

Exerciſes are needfull: the ſame beſt, after the bellie hath done his office; that the excrements are auoided: otherwiſe by exerciſe vapours are ſtirred, and do aſcend more plentifully to the head. All exerciſes muſt be done faſting, and none after meat. And I wiſh you might after meate forbeare writing, by the ſpace of three houres: but if your courſe of life and calling will not ſo permit you, you may herein follow *Mon-*

Exerciſes.

Writing after meat.

tagnana his counſell, to write either ſtanding vpright, or a litle leaning and reſting your head vppon your right or left cheeke in no caſe to write bowing your ſelfe forewarde, and holding down the head. When opportunitie and time will ſerue, frictions with a rough linnen cloth are vetie good, which are to be performed thus: firſt to rub the feete, the legs, then the thighes, the hips, the buttocks, ſo aſcending to the ſhoulders and necke with ſoft and long rubbings, euen vntill the partes begin to waxe red. Amongſt orders to remoue the weaknes of the ſight, *Auicenna* writeth that the combing of the head is not of leaſt force, which ought to be done euerie morning faſting backwardes againſt the haire, for it draweth the vapors out of the head, and remoueth them from the ſight.

Frictions.

Combing the head.

Mirth, ioy, and pleaſantnes of the minde, is good: a litle anger doth not hurt: immoderate ſorow, fearefulnes and all vehement affections are forbidden in all affectes, but in this our caſe chiefly, as moſt hurtfull to the ſight.

Affections of the minde.

To

THE order to preſerue the ſight by medicines, doth conſiſt of things outwardly applied, & inwardly taken. Amongeſt outward medicines to preſerue the ſight, is accounted a great ſecret, to ſmell much to marierum. So theſe things following, are founde very much to comfort the ſight in ſaying the viſible ſpirits from waſting: *viuiset*, corall, pearle, the ſtone called *Lapis armenius*, ſpectacles of Criſtalline or clear & pure glaſſe, green & skie colours, to dip the eies in cold water, to which purpoſe, many haue cups made in the forme of an eie, called eie cups: & to waſh the eies with the waters or decoctions of eiebright, roſes, & veruaine. Some other things are put into the eies to clear the ſight, & to remoue impediments which doe often grow there: to which purpoſe as approued very good & without hurt, the iuices & waters of eiebright, of fenel, of veruaine, of marigolds, of pearlwort are greatly commended. And *Montagnana* doth mention of a certaine kinde of preparation of the iuice of fenell, ſingular

Outward medicines.

The ſmell of marierum.

Things comfortable to the ſight.

Eie cups.

Things put into the eies.

A preparation of the iuice of fenell.

singular good to preserue the sight from dimnesse, to take the iuice of fenill in the moneth of Aprill, and to put it in a vessell of glasse, with a long and narrowe necke, and let it stand fifteene daies in the sunne, that it may bee well dried, then remoue the glasse softly, that you doe not trouble the residue, or grounds, and so poure it into another vessell: and to euery halfe pound of the iuice, put an ounce of choſen *lignum aloes*, beaten into fine pouder, and let it stand other fifteen daies in the sunne. Then straine it twise through a thick cloth, and keepe the cleareſt in a vessell of glasse to your vse: you may drop a litle hereof into your eies to clear the sight. And some do distill this wood in a stillatorie of glasse, and put the water thereof into the eies, and holde this for a great secrete as miraculous to preserue the sight. And the same *Montagnana* doth compounde an other medicine more absterſiue to remedie the dimnes of the sight, dissoluing in an ounce of the water of Rosemarie flowers, two scruples of *Sal gemma* verie finely powdered, and filtered, and counselleth to drop the same often into the eies; affirming by his experience, that it doth so mightily cleare the sight, that suffusions are thereby wonder-

Lignum aloes good for the sight.

Sal gemma doth cleare the sight.

derfully remooued, and eſpecially
tures of the eies.

I am heere alſo in this place for the clen-
ge and ſtrenghning of the eies eſpecial-
o commend vnto you the frequent vſe
olde and cleare white wine, in which
e *Calaminar* ſtone hath beene oftentimes
inguiſhed: and likewiſe the pure liquor
good ſugar candie diſſolued in the
hite of an egge, being hard roſted and
e yolke taken out.

Alſo our authors do cõmend the waſhing
the eies with the vrine of a childe, and
metimes to drop the ſame into the eies.
ad for this purpoſe alſo they do commẽd
e made of the aſhes of fenell ſtalkes. We
e read in all our writers great commen-
ations, of a liquor of the liuer of a goate,
repared in maner following. Take the li-
er of a male goate, not diſeaſed, newely
illed: and after it is well waſhed, pricke
in many places, and fill the ſame with
graines of pepper, and infarce the liuer
with the leaues of fenell and of eiebright,
then roſt it with a ſoft fire cleare, not ſmo-
lie, vntill it bee reaſonably roſted: and in
the time of roſting, receiue the liquor
which doth diſtil, in a conuenient veſſel, &
apply the ſame to your vſe.

The vrine of a childe.

A lie of fenel ſtalks.

A preparation of the liuer of a goate for the ſight.

Auicenna

Auicenna in his third ſen, and third booke and 4. treatiſe, *cap. de debilitate viſus*, aboue all other things doth commend the medicine called *collyrium de fellibus*, for that it clenſeth the pores of the eies, cleareth and conſerueth the ſpirits, mundifieth the moiſtures or waters of the ſight: as you may reade in *Auicenna* in the foreſaide place.

Collyrium de fellibus.

Inward Medicines.

MEdicines to be take inwardly are in number many: but I thinke beſt at this time to mention a few, which are eaſie to be had, & as of great efficacy moſt commended. And of ſuch the powder following is moſt ſimple: yet by experience approued of ſuch force, that many, after their ſight hath bin decayed, haue by the vſe of it, receiued againe the ſame perfectly: the pouder is thus made.

A powder for the ſight.

Take of the powder of eiebright ℥. iiij. of mace ℥.j. mingle them together, & take thereof the weight of three pence before meate.

A ſirup for the ſight.

Montanus in his 92 counſel giueth great prayſe to a ſirupe, againſt the decay of the ſight, through the weaknes and dimnes of the

the same, which he compoundeth thus.

Take of the iuices of fenel, of veruaine, of roses, } of each ℥.ij.
the leaues of the herbe eiebright, of endiue, of celendine, } of each *M.*S.

boyle the herbes in two pints of water vntill the halfe be spent: then straine it hard, and mingle the iuices with the decoction, and with sugar according to art make a sirup, which is to bee kept in a glasse vessell. You may take two ounces of this sirup in three ounces of the water of eiebright in the morning fasting. In windy bodies hee maketh the sirup thus,

Take of fenill seedes, of anise seedes, } of each ℥.iij.
of the herbs of eiebright, of veruaine, of rose-leaues, } of each *M.*iij.
of celendine. *M.*j.
of rhue. *M.*j.S.

boile these in water vntill halfe be consumed: straine it hard, and with sugar sirupize the decoction: both these sirups are excellent good to defend the sight from dimnesse.

Mesue in his booke called *Grabadin*, writing

An excellent electuarie to preserue the sight.

ting of the diseases of the eies, aboue all other medicines extolleth an electuary vnder the name of *Humaine*, as hauing noble vertues to preserue the eies, and to continue the visible spirites in their clearenes, which he compoundeth thus.

Take the herbe called *Adhil*, that is
eiebright, ℥.ij.
fenill seedes, Drams.v.
mace,
cubebs,
cinamom,
long-pepper,
cloues,
of each Dra.j.
beate all into powder, searse it, then take of good hony clarified lib.j.
of the iuices of fenill boyled and clarified, ℥.j.
of the iuices of rhue
of celendine
both boyled & clarified of each ℥.S.
boyle all to the height of an electuary, and then put to it the powders according to art, and so reserue it in glasse vessels. You may take hereof the quantitie of Dra.iij in wine as *Mesue* writeth: If wine seeme too hot, you may allay it with fenill water, or with eiebright water: it must be taken in the

the morning fasting: and you ought to forbeare the taking of other things, by the space of three houres, and so at night, but then you must make a light supper, & sup the more timely.

Where in this little Treatise mention is made of distilled waters, I wish the same to be artificially done in stillatories of glasse, that the qualities of the herbes may remaine in the distilled waters. And therfore I doe not allow of the common maner of distilling in stillatories of lead, by the which the watery parts only are drawen. Distilled waters.